# The Dragon Digest

USS CHOSIN (CG-65) Family Newsletter

Volume 2 Issue 6

June 2006

#### Upcoming Dates to Remember:

July 10th, 6:30pm, Support Group Meeting, Pearl Harbor Base Chapel

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Important Phone

Numbers

## From the Captain Greetings from the V



Greetings from the War Dragon! I hope all of you had a terrific Easter, a great month of May, and are looking forward to all that the month of June will bring your way!

April's Spring Fling party was a huge success and our Chosin Keiki had a terrific time. I think all of us big kids had a great time too - I especially enjoyed being a judge for the cake-baking contest! A sincere thanks to all those who helped plan the day for your devotion to our Chosin Ohana.

As we move into June, the ship will remain in a critical period of much needed maintenance time. It means your Sailor will remain in port for a while and will be working hard to ensure the ship's high standards of cleanliness and material readiness are maintained or improved. We will also use our time to continue training for the tasks that inevitably lie ahead.

Finally, I would like to congratulate Master Chief Petty Officer Castronuevo on his recent promotion. He carries the distinction of being the only person in his rating selected for Master Chief within the entire Navy! Quite an honor and accomplishment! I would also like to congratulate our three new Senior Chief Petty Officers – FCCS Hohnstein, GSCS Mull, and QMCS Oxley. Way to go shipmates! We're all very proud of you!

I wish you all the very best,

Captain Doug Venlet



#### Command Ombudsman Contact Info

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Calling hours are 0900-1700 and emergencies anytime. Messages will be answered as they are received. Please call if you have concerns that are not easy to solve, get through or handle without some guidance.

#### Chaplain's Words

Counselors for 9/11 interviewed several survivors in the Pentagon and asked what was most helpful to them a few hours after the tragedy. Their response: hot coffee and a phone. Dr. Gerald Caplan, known as the 'Father of Crisis Psychiatry,' used an adaptation of Maslow's Human Needs of Hierarchy, called "The Helper's Hierarchy." He encouraged caregivers and counselors to pay special attention to the survivor's physical and emotional state at the initial stage of the crisis.

We cannot underestimate the value of a phone in a crisis. When I was deployed to Kuwait with the Expeditionary Medical Facility in 2004, the day we arrived at Camp Arifjan, the first thing most of us were looking for was a phone to call our families back home. Likewise, when a shipmate would receive a death notification, the first thing they would ask for was a phone. I remember a sad story of a plane crash survivor who was denied the use of a phone following the incident because the phone was "for executive use only." Although he just wanted to call his family and let them know he was okay, the "rules" prevented him from using the phone.

#### When I reported to CHOSIN in the Arabian

Gulf, our shipmates were allowed to call their families for 15 minutes each day. One sailor remarked, "being able to talk to my family every day makes deployment much easier for me." A phone is just one basic need in the early stages of a crisis, especially during prolonged family separation. The prophet Elijah when threatened by an evil queen said, "I have had enough, Lord, take my life." What explicit suicidal language! What God did, however, was send an angel to give him food and water. God knew that Elijah's basic needs at the initial stage of his crisis were food and water. After God ministered to his physical needs, He re-commissioned him, and in the end, Elijah went on to accomplish immeasurable amounts of work for God.

We all have the privilege to influence others through a few words, great caring, and comforting actions in the early stages of a crisis. Small amounts of help will produce a much larger effect. A hot cup of coffee and a phone can be most helpful to survivors during the initial stage of the crisis. Our Lord once said, "Even a cup of cold water given in His name will surely not lose his or her reward."

LT Johnny Cometa, CHC, USNR, Command Chaplain

#### CMC's Corner

In April, CHOSIN was awarded the Spokane Trophy!!! This prestigious award is given annually to one ship in the entire Pacific Fleet. The trophy along with the Battle 'E' and all five Command Excellence awards has solidified CHOSIN as the best of the best. Congratulations to the entire crew.

The Master Chief results were also announced last month. Senior Chief Sam Castronuevo was selected. To make this selection significantly special is the fact that Master Chief Castronuevo was the only Master Chief selected in his rate in the entire Navy!!! Congratulations, GSCM!!

The Senior Chief results were also announced. Three of CHOSIN's finest were selected. Congratulations are in order to GSCS Mull, FCCS Hohnstein, and QMCS Oxley.

The summer months will be exciting as CHOSIN begins her maintenance availability. The crew will be shifting gears to attaining qualifications, training and being ready for inspections in the next several months.

As always, thank you all for being there for us.

Semper CHOSIN,

Juan Morales, Command Master Chief, USS CHOSIN (CG 65)

#### **Ombudsman Words**

This month it was hard to decide what to write about. When I thought I was plain out of ideas, I talked to one of our wives. She began to tell me about all the stress and anxiety involved with her move. I felt badly for her since I had moved many times myself and totally understood her feelings.

My first move was a total nightmare. I did it without my husband and cried myself to sleep every night. Since then, moving has not gotten easier, BUT I think in gaining experience, that perhaps now I move smarter. I would like to share some tips that might help.

It is important to organize and plan. Before you start, take a deep breath and think about what you need to do to get through this move. You will survive. I promise. There are few things you can do AS SOON AS you receive the transfer orders. You can do Internet searches on your new area. Most bases have their own website with general information about the base and housing on the base or in the area. You ca also research schools in the area for yourself or your kids. The research process usually drives my husband crazy because I should like a "Visit this State" commercial every night when he comes home. But it makes me feel better to know a little about where we are going.

Over the next month or weeks, you can do other things like clean out the attic, the basement, the garage or closets. These are not fun tasks, but I have discovered very interesting things in the kids' hiding spots in the closets, better you find them then the moving crew!

This is also the time to photograph anything of value to you such as TV's, jewelry, video game systems or other electronic items. When you do this, make a list that includes the item, make, models, serial number and current retail value (you can find this by looking on the internet at retail sites.) Use this to help track what the movers do with the listed items. Make a note on your list. Also, keep in mind when dealing with the movers, that EVERY box and unboxed item (chairs, lamps, beds, etc.) should have an inventory sticker.

There are some things that SHOULD NOT be packed. Important paperwork should be kept in a folder or envelope with you during your move. Keep things like your pack out inventory list, birth certificates, shot records, medical records, passports, a copy of the orders (especially if the active duty member has already left), copies of insurance and vehicle paperwork. If you think it is important enough to go in a lock box then it needs to go with you, not with the movers.

Now, let's be realistic. Nothing ever goes 100% right when you are moving. There is always something that will come up, BUT there are ways to keep it from stressing you. Prepare ahead—make lists, prioritize, break things down into manageable tasks and above all, take some time for yourself and your family. Moving can be stressful and full of anxiety, but if you prepare yourself and your loved ones, the transition may not be near as painful and who knows—you might just enjoy it.

-Katie Ramponi

### On Board Chosin



SOQ FC1 Ricketts: FC1 Ricketts accepts his award for Sailor of the Quarter from CAPT Venlet.



OS1: ENS Damaschin reenlists OS1 Spargur onboard Chosin on April 6th.

Chiefs at reception: GSMC Mahilum, FCCS Sheehan, FCCM Sutter, ETC England, STGC Newell, CSC Delcampo, and GSEC Sanez enjoy the reception held by the Russian Navy during their visit to Guam.

### Spring Fling



#### **USS Chosin Family Support Group**

Hello Everyone,

By the time you read this, we have already had our monthly Family Support Group meeting for May. The meeting was changed to Friday, May 5<sup>th</sup> for this month only. The chapel needed to use the Fellowship Hall, our regular meeting room, for a program and asked if we could change our meeting date for May. If you did not receive an email from the Family Support Group with this announcement, please make sure to send an email to <a href="mailto:chosinfamily@hotmail.com">chosinfamily@hotmail.com</a>. We will add you to our email list to receive updates for upcoming events and any changes that may take place.

# WELCOME

The Family Support Group would like to welcome our new Executive Officer, LCDR Donaldson, his wife, Shannon, and their family. You've joined the finest ship on the waterfront. Welcome!

THANK YOU

I would like to thank Julie Everham, Rebekkah Patrick, Bianca Brycheta, Sonya Ricketts and all the volunteers that helped out at the Spring Fling. You all did an awesome job. Thank you for a great time! Congratulations go out to Julia Fortenberry for winning the cake-baking contest. Julia received a \$25.00 gift certificate to Starbucks. Congratulations to FC1 Ricketts for winning the peep-stuffing contest. FC1 Ricketts won by stuffing 12 peeps into his mouth. (Pictured below) Wow! Now

that is a big mouth! Finally, and most important of ak all of the chil-

all, I would like to thank all of the children that came and brought their parents. Congratulations to all of the children who won certificates for their egg coloring abilities and to all who did such a great job with the peep eating contest and Easter egg hunt. All of you kids did a terrific job! I hope you had as much fun as I did.

